



House Calls - A Monthly Pediatric Newsletter

Talking to Kids About the Earthquake

The devastation in Haiti is overwhelming to all of us, including our children. It is important to talk in an age-appropriate way about such disasters. Children react in different ways to the news and images they see through the media. Many children need reassurance about their own safety. See [UNICEF's guide](#) to help your child respond to these events. Take this opportunity to teach your child about helping others by involving them in the process of making a donation to a relief organization (such as the [Red Cross](#), [World Vision](#), or the [AAP](#).)

Volume 1, Issue 6

January, 2010

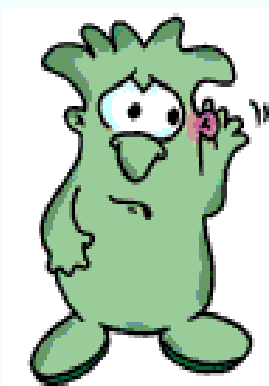


Surfing the Internet Safely

Young children and teenagers are spending more and more time online. 34% of children surveyed reported they saw sexual material online in 2007. 63% of teens know how to hide what they do online from their parents. 48% of 5-6 year olds reported viewing content that made them feel uncomfortable. 34% of girls have shared pictures or physical descriptions of themselves online to strangers. It is important that you monitor your child's online activity and teach them internet safety. Check out www.netsmartz.org for information for parents, kids, and teens.



"Ouch, My Ears Hurt"



Wintertime is the season for runny noses. And with runny noses often come earaches. Not all ear pain is caused by an infection. Frequently the same mucous that causes your nose to be stuffy causes pressure in the ears. Ear pain is not an emergency. Most earaches will resolve without medications in 1-2 days. There are several things you can do at home to keep your child comfortable until you can be seen in the office:

- Try giving a pain reliever (such as Tylenol or Motrin.)
- Place a warm compress over the ear for a few minutes.
- Try placing a few drops of slightly warmed vegetable, olive, or sweet oil in the sore ear.

For more information on ear pain as well as other common complaints check out www.eastsuburbanpediatrics.com.

To remove your name from this mailing list, please send an email to:

newsletter@eastsuburbanpediatrics.com

Questions or comments? Email us @:
newsletter@eastsuburbanpediatrics.com

Or call us @: 724-325-2133